

NEWINGTON PARKS AND RECREATION

"Creating Community through People, Parks & Programs"

Winter 2010

Program Guide



Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov



PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ Apt./Box # _____ City _____ State _____ Zip _____

[] Check if new address Home Phone (____) _____ Work Phone (____) _____

Cell Phone (____) _____ Email Address _____

Emergency Contact _____ Relationship _____ Phone (____) _____

* If there are any medical concerns, allergies or special needs that we should be aware of, please list here: _____
Supplemental medical forms are available online or in our office.

PROGRAM INFORMATION

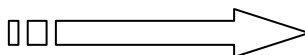
One registration form can be used for more than one person in this household.

First Name, Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

Register today! Registration is first-come, first-served

TOTAL FEES: \$ _____

“ROUND UP” For Youth Recreation Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.



+

TOTAL AMOUNT: \$ _____

Circle Method of Payment: Cash Check Credit Card

CREDIT CARD #: _____ EXP. DATE ____ / ____

Circle type of card: VISA MASTERCARD DISCOVER

PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____ DATE: _____

Facility Reservations

Mortensen Community Center Gym Rentals



The Parks and Recreation Department offers rentals of the Mortensen Community Center Gymnasium. Rental availability is limited due to programming demands. The fee is \$30 per hour. If you are interested in renting the Mortensen Community Center Gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.

Teen Center Facility Rentals *Ages 7 - 18*



Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. Facility rental fee is \$25 per hour. The Teen Center is open for rentals on Saturdays and Sundays from 11:00 a.m. until 8:00 p.m. Helium balloons may be purchased for your special occasion for a nominal fee. Limit: 30 guests.

Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rental. Reservations for summer bookings will begin Wednesday, March 3rd, 2010. Picnic reservations are limited to Newington residents, families, organizations and businesses on a first come, first served basis. Please note that we are unable to issue refunds once a picnic area is reserved.



UPPER PAVILION...
\$35/day

Open space that can accommodate 40 people and includes tables and a grill.



MIDDLE PAVILION...
\$75/day

Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.



LOWER PAVILION...
\$50/day

Covered shelter that accommodates 60 people with electricity, tables and a grill.

Contents

Registration Form.....	2
Facility Rentals.....	3
Community Events	4
Bus Trips.....	4-5
Aquatics.....	6-7
Toddler/Preschool Programs.....	8
Youth Programs.....	8-10
Youth Art.....	11
Youth Fitness.....	12
Teen Programs.....	12
Martial Arts.....	13
Adult Sports.....	13
Adult Programs.....	14
Adult Fitness	15
Adult Wellness.....	16-17
Older Adult Programs.....	18-19
Registration Info.....	20

Ice Skating At Mill Pond



Ice Skating will be available again this winter at Mill Pond as weather and ice conditions permit. There is no fee. Ice skates are not provided; skaters must bring their own skates. Signs are posted when the ice is determined to meet acceptable criteria for skating. However, please be aware that conditions may change. Here are some safety guidelines:

- Skate at your own risk and never skate alone. **Skating is unsupervised.**
- Ice thickness is not consistent. Thin ice may be present near inlets, outlets or bridges due to water currents underneath the ice.
- Beware of ice around partially submerged objects, such as trees, logs, brush, embankments or dam structures.
- Don't congregate in one area. Stay away from cracks, seams, pressure ridges, slushy areas & darker areas.
- **For current ice skating conditions, call the Parks & Recreation hotline at 860-665-8686.**

Community Events & Bus Trips...



Pictures with Santa (Free Event!)

Friday, December 11th, 5:00 - 7:30 p.m.

Saturday, December 12th, 1:00 - 4:00 p.m.

Sunday, December 13th, 1:00 - 4:00 p.m.

Mortensen Community Center Romano Room

Santa is taking a break from the North Pole and dropping into Newington to hear your child's secret wishes and smile for your cameras. Santa will be in town for the three days listed above. Also, on Saturday, December 12th, Sleigh Rides will be available in Mill Pond Park from 1:00 - 3:00 p.m. Take the family on a ride around Mill Pond Park on a horse-drawn sleigh/wagon. Get in the holiday spirit with your family, enjoy pictures with Santa and our new holiday sleigh ride event! Don't forget to bring your cameras! This is a free community event. For more information, please call 860-665-8666.

New This Year!
FREE Sleigh Rides
on Saturday,
Dec. 12th
from 1-3 p.m.



Join the Huskies on the Road with these overnight trips!



UConn Men's Basketball vs. Georgetown

Saturday & Sunday, January 9-10th, 2010



Join fellow UConn Huskies fans on this bus trip to Washington, D.C. to see the UConn Men duel it out with the Georgetown Hoyas.

Fee: \$264 Single per person \$214 Double per person
\$204 Triple/Quad per person \$134 Child sharing w/two adults

ID: 6588

Bus trip includes:

- Round Trip motorcoach transportation with a tour director
- 1 night at the Hyatt Arlington Hotel with one full American breakfast buffet
- Game Ticket at the Verizon Center - Saturday, January 9th at 12 noon
- Option to visit these Washington, D.C. Highlights: WWII Memorial, Smithsonian, US Capitol, White House & more
- Includes all taxes & service charges
- Bus departs from the Newington Police Station parking lot promptly at 5 a.m. and departs Washington at 2 p.m.

UConn Women's Basketball vs. Villanova

Saturday & Sunday, January 23-24th, 2010



Join fellow UConn Huskies fans on this bus trip to Villanova, PA to see the Lady Huskies make some noise against the Villanova Wildcats.

Fee: \$254 Single per person \$204 Double per person
\$194 Triple/Quad per person \$134 Child sharing w/ two adults

ID: 6589

Bus trip includes:

- Round Trip motorcoach transportation with a tour director
- 1 night at the Embassy Suites with one full American breakfast buffet
- Game Ticket - Saturday, January 23rd at 2 p.m.
- Option to visit these Philadelphia Highlights: Liberty Bell, Independence Hall, Franklin Court, Christ Church & more
- Includes all taxes & service charges
- Bus departs from the Newington Police Station parking lot promptly at 7 a.m. and departs Philadelphia at 3 p.m.



Boston Flower Show Saturday, March 27, 2010

Spring blossoms once again in New England! The flower show is back in town! Nearly two years after its absence, the city of Boston will once again host the perennial favorite Boston Flower Show. The theme this year will be "A Feast of the Senses". The tradition loved by New Englanders for more than 100 years will be reestablished and updated to everyone who loves flowers and plants, gardens and landscape design. From first-time gardener to the greenest thumb, Boston's biggest horticultural happening will provide the tools and inspiration to kick off the season in style!

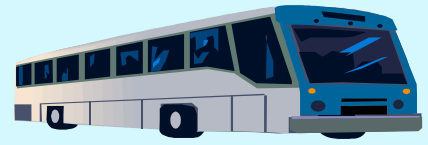
Fee: \$64 per person

ID: 6590

Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Admission to the Boston Flower & Garden Show at the Seaport World Trade Center on Boston's Waterfront
- Leisure time for shopping at Quincy Market, Newbury Street, Copley Place, Downtown Crossing
- Bus departs from the Newington Police Station parking lot promptly at 8 a.m. and departs Boston at 6 p.m.

Bus Trips...



Cherry Blossom Weekend *Friday - Sunday, April 9-11th, 2010*

The 2010 Cherry Blossom Festival marks the 98th celebration of the original gift of the 3,000 cherry trees from the city of Tokyo to the people of Washington, DC in 1912. These beautiful trees signal the coming of spring with an explosion of life and color. The blooming of the cherry trees around the Jefferson Memorial has come to symbolize the natural beauty of our nation's capital city. Experience this magical time to visit Our Nation's Capital. The highlight of this will trip will be the WWII Memorial.

Fee: \$474 Single per person \$374 Double per person
\$364 Triple/Quad per person \$204 Child sharing w/ two adults
ID: 6591

Bus trip includes:

- Round trip motorcoach transportation with a tour director and baggage, tax & service
- 2 nights at the Hilton Hotel, Gaithersburg with 2 full American breakfasts
- Friday night at Toby's Dinner Theatre - included
- Visit these landmarks: **World War II Memorial**, FDR Memorial, Iwo Jima Memorial, Vietnam Memorial, Korean War Memorial, Jefferson Memorial surrounded by the Cherry Blossoms, Washington Monument, Smithsonian buildings and more
- Tourmobile through Arlington National Cemetery
- Changing of the Guard Ceremony at the Tomb of the Unknown Soldiers
- US Capitol & White House photo stop
- Cherry Blossom Parade on Saturday, April 10th
- Bus departs from the Newington Police Station parking lot promptly at 6:30 a.m. on Friday and departs Baltimore at 2:00 p.m. on Sunday.

King Tut Exhibit: TUTANKAHMUN and the Golden Age of the Pharaohs at the Discovery Times Square Exposition

Saturday, May 1st, 2010

Behold the legendary treasures of King Tut! For the first time in a generation, revel in the splendor of the ancient Egyptian world as you view a dazzling array of possessions unearthed from his tomb, along with antiquities representing his family and contemporaries.

Fee: \$88 per person

ID: 6592

Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Admission to TUTANKAHMUN and the Golden Age of the Pharaohs at the Discovery Times Square Exposition
- Leisure time in New York City
- Bus departs from the Newington Police Station parking lot at 7:30 a.m. and departs New York City at 6:00 p.m.



Bus Trip Guidelines

- All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them.
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.
- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We are not responsible for your return trip if you miss the bus!
- We typically use a 50-passenger coach bus. Some trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- Bus departs from and returns to the Police Station Parking Lot located behind the Newington Town Hall on Garfield Street unless otherwise stated.

Aquatics...

Recreational Swimming at Newington High School

The Newington High School Pool is open for indoor recreational swim and is supervised by certified Red Cross lifeguards. You may use your Summer 2009 pool pass. Newington residents may purchase pool passes for the indoor season. The fee for a household pass is \$30 and includes up to six people who permanently reside in the same household. For households with more than six people, the additional fee for each person is \$5. Passes for resident individuals are \$25. Newington's aquatic facilities are open to residents, but residents may bring non-residents as their guests. Non-residents may only participate in recreational swimming as the guest of a Newington resident, and must pay the daily rate, unless participating in the tri-town swimming program. (See box below) Children under 13 must be accompanied by an adult.

Time: 7:00 - 8:45 PM

Dates: Mondays, Wednesdays & Fridays, Oct. 5, 2009 - June 4, 2010. *The pool is unavailable on all holidays and dates that the high school is closed, and is also closed when school is cancelled due to inclement weather. Call 860-665-8666 for information regarding school vacation swim times - 2/15-2/19/10 and 4/19-4/23/10.*

Fee: Free with a 2009/2010 pool pass or \$3.00 for adults, \$2.00 for children under 18, \$2.00 for senior citizens.

New! Revised Swim Lesson Program!

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program. In the Fall 2009 session, we began offering the new program which has been revised to improve effectiveness of swim lessons, emphasize water safety and drowning prevention and improve participant progress and skill acquisition. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. Please review the swim lesson level descriptions below prior to registering your child. ***Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

Level 1 - Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

Level 2 - Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

Level 4 - Standing dives, swim under water (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly, and back crawl (15 yards each).

Level 5 - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly, and back crawl (25 yards each).

Level 6 - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly, and back crawl (50 yards each), competitive turns.

For a complete list of the new level descriptions, please visit our website at www.newingtonct.gov

Please note: The NHS Pool is kept cooler for lap swimming and aquatic sports.

Tri-Town Swimming

The Newington, Rocky Hill, and Wethersfield Parks and Recreation Departments are offering a chance for residents of all three towns to utilize their indoor pools. If you purchase a season and/or yearly pool pass (household or individual) from one town, you can use it in all three towns. All you have to do is present your pass. The policy pertains only to pass holders only.

Newington High School Indoor Pool

605 Willard Avenue, Newington
Open Mon., Wed., and Fri.: 7:00 - 8:45 PM
Office Number - 860-665-8666
Hotline - 860-665-8686

Rocky Hill High School Indoor Pool

50 Chaplin Avenue, Rocky Hill
Office Number - 860-258-7429
Information Line - 860-258-2772

Wethersfield High School Indoor Pool

411 Wolcott Hill Road, Wethersfield
Office/Information Number - 860-721-2890

For more information on pool hours in Rocky Hill and Wethersfield, please contact their Parks and Recreation offices directly.

Swimming Programs...



American Red Cross Lifeguarding Course

Ages 15 and up

Students will learn safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. Pre-requisites must be demonstrated during the first class, including a continuous 300 yard swim with proficiency in both front crawl and breast stroke and a timed 20 yard swim with a surface dive to retrieve a 10 pound object. Students are only permitted to use goggles for the 300 yard swim portion of the class, must be 15 years old by the completion of the course, and **must attend all course dates**. Fee includes instruction, books, pocket mask as well as certification in American Red Cross Lifeguarding, First Aid, and CPR/AED after successful completion of course.

Instructor: Leigh Lessard

Location: Wednesday & Friday Classes held at Newington High School Pool

Saturday classes held at Mortensen Community Center

Fee: \$180 (residents) \$225 (non-residents)

ID:	Time	Dates
6503	6 - 9 PM	Wednesdays, Jan. 6 - Feb. 10
	6 - 9 PM	Fridays, Feb. 5 & 12
	8 AM - 2 PM	Saturdays, Jan. 9 & 16

***Participants must attend all class dates listed - no exceptions.*

Coming this Spring...

Monday Night Swim lessons!
Beginning in late March

Don't forget to register early,
our popular swim lessons fill quickly!

Group Swim Lessons

Ages 6—17

Our group swim lessons are taught by Red Cross certified lifeguards and are held at the Newington High School indoor pool. There are no make-ups or refunds given for missed/cancelled swim lessons. Please note that the swim lesson levels we offer were revised in the Fall of 2009. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Instructor: Aquatics Staff

Location: Newington High School Indoor Pool

Fee: \$30

Wednesdays, January 13 - March 10

(8 classes, no class 2/17)

	5:30 - 6:00 PM	6:00 - 6:30 PM
Level 1	ID: 6504	ID: 6505
Level 2	ID: 6506	ID: 6507
Level 3	ID: 6508	ID: 6509
Level 4	ID: 6510	ID: 6511
Level 5/6	ID: 6512	ID: 6513



Semi-Private Swim Lessons

Ages 6—17

Our semi-private swim lessons are a great opportunity to get individualized attention when learning how to swim. The limit is 2 participants per instructor. Please note that there are no refunds or make-ups given for missed lessons. If lessons are cancelled, we will attempt to schedule a make-up class. Please note that the swim lesson levels we offer were revised in the Fall of 2009. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Instructor: Aquatics Staff

Location: Newington High School Indoor Pool

Fee: \$65

Session 1
Wednesdays, Jan. 13 - Feb. 3
(4 classes)

	6:30 - 7:00 PM
Level 1	ID: 6514
Level 2	ID: 6515
Level 3	ID: 6516
Level 4	ID: 6517
Level 5/6	ID: 6518

Session 2
Wednesdays, Feb. 10 - March 10
(4 classes, no class 2/17)

	6:30 - 7:00 PM
Level 1	ID: 6519
Level 2	ID: 6520
Level 3	ID: 6521
Level 4	ID: 6522
Level 5/6	ID: 6523

Toddler, Preschool & Youth...

Gymnastics *Ages 2 and up*

A wonderful opportunity to learn the art of gymnastics! Participants will learn gymnastic skills according to their ability level. Activities include warm-ups, floor exercises, and use of gymnastic equipment. Participants should wear leotards, warm-ups, or shorts and T-Shirt. Children must be 2 when class begins in order to participate.

Instructor: New England Gymnastics Express Staff

Location: New England Gymnastics Express—136 Day St, Newington

Fee: \$79



ID:	Time	Dates
<u>Parent and Tot: Ages 2 - 3 1/2 with Parent</u>		
6524	1:00 - 1:40 PM	Mondays, Jan. 18 - March 15 (no class 2/15, 8 classes)
<u>Preschool: 3 1/2—5 years old</u>		
6525	1:50 - 2:30 PM	Mondays, Jan. 18 - March 15 (no class 2/15, 8 classes)
6526	1:45 - 2:25 PM	Thursdays, Jan. 21 - March 18 (no class 2/18, 8 classes)
<u>Beginner: Kindergarten - 2nd Grade</u>		
6527	6:00—6:45 PM	Tuesdays, Jan. 19 - March 16 (no class 2/16, 8 classes)
6528	6:00—6:45 PM	Thursdays, Jan. 21 - March 18 (no class 2/18, 8 classes)



Fun
at
Mornin'
Munchkins



Dance Classes *Ages 2—8*

Your child will love to participate in this wonderful dance experience! These classes are a great way to introduce your child to ballet, creative movement and hip hop. They will learn creative ways to express themselves through music, dance & movement in a fun and social environment. Please be aware that parents are asked to wait outside the classroom during dance classes. Please send your child with comfortable, lightweight clothing.

Instructor: Janet Arnold

Location: Mortensen Community Center Romano Room



ID:	Ages	Class	Time	Fee
Dates: Saturdays, January 16 - March 6 (8 classes)				\$42
6529	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	
6530	4 - 6	Hip Hop	2:00 - 2:45 PM	
6531	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM	
6532	5 - 8	Ballet	3:30 - 4:15 PM	
6533	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM	

Mornin' Munchkins

Ages 12—36 Months with Parent

This is a fun, social experience for both parent and toddler. Activities include music, movement, story time, special play balls, bubbles and arts & crafts, not to mention meeting lots of friends. This class offers parents and grandparents the opportunity to get creative, bond and interact with their youngster in a group environment. It's a great class for those looking to socialize with other parents.

Instructor: Loralyn Callahan

*Location: Mortensen Community Center
Romano Room*

Fee: \$45 (8 classes)

ID:	Time	Days
6534	9:30 - 10:15 AM	Mondays, Jan. 11 - March 15 (no class 1/18, 2/15)
6535	10:30 - 11:15 AM	Mondays, Jan. 11 - March 15 (no class 1/18, 2/15)

Jumpin' Gym Daze

Ages 12—36 Months with Parent

You and your toddler will enjoy this newly formatted program in the gym. The first half of each class will be an unstructured opportunity for free play, while the second half of the class will offer supervised and directed games and activities. This is a great class to give your child a chance to play and interact with children of the same age. It is also a chance for parents to socialize and interact with other parents. We'll roll out the balls, hoops, and tunnels, and you roll out the fun!

Instructor: Randi Thureson

*Location: Mortensen Community Center
Gymnasium*

Fee: \$39 (8 classes)

ID:	Time	Days
6536	9:30 - 10:15 AM	Wednesdays, Jan. 13 - March 10 (No Class 2/17)
6537	10:30 - 11:15 AM	Wednesdays, Jan. 13 - March 10 (No Class 2/17)

Help Us Keep Our Programs Healthy

If your child is sick, please be courteous to other children in their program, as well as the program's instructor, by keeping your child home until he/she is feeling better.



For the safety of all of our program participants this Winter, our instructors will have the right to send any visibly ill children home from any program at their discretion.

Tennis Lessons

Ages 7—17

The Parks & Recreation Department, in conjunction with the Newington Tennis Center, is offering tennis lessons for children of all ability levels. Children learn the basics while gaining cardiovascular fitness and coordination. Topics include forehand, backhand, volley, serve and overhead. Racquets will be provided. Just bring your enthusiasm and sneakers and get involved in the game of a lifetime.

Instructors: Newington Tennis Center Staff
Location: Newington Tennis Center, 60 Prospect Street

ID:	Time	Days	Fee
6403	4:00 - 5:00 PM	Sundays, Dec. 13 - Jan. 31 No class 12/27 or 1/3 (6 classes)	\$99
6539	4:00 - 5:00 PM	Sundays, Feb. 7 - March 14 (6 classes)	\$99
6540	4:00 - 5:00 PM	Sundays, March 21 - April 25 (6 classes)	\$99

Creative Playtime Preschool Program



Parents' Open House:
Tuesday, February 9th
6:00—7:30 PM

Parents: Come visit with the teachers and check out the classroom at 1075 Main Street!!!!

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

Registration will begin on Tuesday, February 23rd from 6:00 – 8:00 p.m. at the Mortensen Community Center.



Skyhawks Sports!

Ages 3 1/2 - 6

Skyhawks Sports are introductory programs for young children to help them explore soccer, baseball and basketball. SkyHawks' popular and diverse programs provide opportunities for children to learn introductory sports skills through unique games and activities. No pressure, just lots of fun, while these young athletes participate in all three sports through unique Skyhawks games. Staff is committed to helping children begin on the right foot as they take their first steps into athletics. Tiny Hawks is a parent and child program. Mini Hawks is a drop-off program; however, parents will be able to go into the gym the last 10 minutes of the program each day.

Instructor: Skyhawks Staff
Location: Ruth Chaffee Gymnasium
Fee: \$65 (6 classes)

ID:	Time	Days
<u>Tiny Hawks (Ages 3 1/2—4 with parents)</u>		
6543	5:00—5:50 PM	Wednesdays, Jan. 6 - Feb. 10
<u>Mini Hawks (Ages 5-6)</u>		
6544	6:00-7:00 PM	Wednesdays, Jan. 6 - Feb. 10

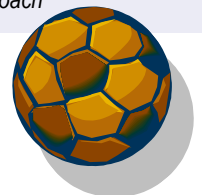
Soccer Madness Pre-K Soccer Program

For Ages 3-5

Soccercise is an introductory program for Pre-K children to help them explore a combination of soccer and exercise. Soccer Madness programs provide opportunities for children to learn basic soccer skills through unique games and fun activities while listening to children's music. Soccer Madness is committed to helping Pre-K children begin on the right foot as they take their first steps into soccer and help them develop a love for the game. This can be either a drop-off program or parents are welcome to join in and participate in the fun and games with their children. All children will receive a soccer ball and t-shirt.

Location: Mortensen Community Center Gym
Instructor: Coach Angelo Marchetti—Newington High School Girls Varsity Soccer Coach

ID:	Time	Fee
<u>Tuesdays & Thursdays, Jan. 12 - Feb. 25 (14 classes)</u>		
6545	9:30— 10:30 AM	\$85
6546	12:30— 1:30 PM	\$85



Youth Acting, Theatre and Dance Programs...

Acting Classes with Performing Arts Programs, Inc.

Grades K - 6

Unleash your creativity! Performing Arts Programs, Inc. is New England's proven and premiere performing arts talent development & educational program for children of all skill levels offering a professional, progressive program. Dedicated to creating a fun, affirming environment to cultivate each child's own unique creativity.

For more information and to register, visit www.performingartsprograms.biz.



Acting group lessons will include specifically designed exercises such as theater games, concentration exercises, voice and speech work, structured improvisation to improve performance, subtext, monologue work, acting terminology, sense memory, stage skills and basic script work. These classes will also be challenging and offer new and exciting activities for the more experienced!

Location: Mortensen Community Center Teen Center

ID:	Grade	Time	Fee
Dates: Tuesdays, February 2 - March 23 (7 classes, no class 2/16)			
6480	K - 2nd grade	5:00-5:45 PM	\$95
6481	3rd - 6th grade	6:00-6:55 PM	\$95



Theatre and Dance Classes with NCTC Performing Arts Theatre

Ages 3-5 or 9-14

NCTC Performing Arts Theatre, home of Newington Children's Theatre Company, provides quality entertainment and hands-on educational programs in the performing arts to children and young adults from preschool through college. NCTC operates its own performance, rehearsal and educational facility in Newington. For more information, please visit www.NCTCArts.org

Location: NCTC Performing Arts Theatre, 743 North Mountain Road, Newington

Class Descriptions:

Creative Play for Preschoolers (Ages 3-4 with parent)

Through music, dance, stories, costumes and a different theme each week, preschoolers will explore voice, movement and imagination and learn to work together as a group to discover the exciting new world of theater. Parent or caregiver attendance is required.

Let's Dance (Ages 4-5)

This class will benefit children as they gain social skills and self-confidence, while developing a healthy and positive self-image and exploring the many joys of dance. Classes will conclude with an informal share day for invited parents and friends.

Broadway's Best (Ages 9-14)

An introduction to tap, jazz and ballet moves that will give musical theatre performers an edge in dance auditions and productions. Explore the fundamentals of dance specifically designed and essential for any young performer.

ID:	Time	Class	Days	Fee
6548	10:00—11:00 AM	Creative Play for Preschoolers	Tuesdays, Jan. 12 - March 9 (no class 2/16, 8 classes)	\$95
6549	11:00—11:45 AM	Let's Dance	Saturdays, Jan. 16 - March 13 (no class 2/20, 8 classes)	\$95
6550	6:30 - 7:30 PM	Broadway's Best	Mondays, Jan. 11 - March 8 (no class 2/15, 8 classes)	\$125

10

Music Together

Ages newborn to 5 years



Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Our goal is to nurture your child's natural enthusiasm for music and movement during the early childhood years when, as with language learning, musical aptitude is at the critical stage of most rapid growth. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers.

Location: Held in Mortensen Community Center
Romano Room

Minimum of 8/Maximum of 12

- Fee: \$165 includes CD and all materials. Fee remains the same for non-residents
- Infants under 8 months are free with a registered sibling. \$75 for each additional sibling registered for same class.

ID:	Time	Dates
Wednesdays (10 classes)		
6541	9:30 - 10:15 AM	Jan. 6 - March 17
6542	10:30 - 11:15 AM	(No Class 2/17)

Art Classes...

Kids' Art Studio

Ages 5 & 6 or 7-12

A great course exploding with creativity and fun. Participants will explore various art media while creating 2-D and 3-D projects. This class is a wonderful opportunity for children to design and explore with a multitude of materials! Children should wear a smock or old clothes. All supplies are provided.

Instructor: Fran Judycki

Location: Mortensen Community Center Arts & Crafts Room

ID:	Time	Days	Fee
<u>Ages 7 - 12</u> (4 classes)			
6551	6:45 - 7:45 PM	Tuesdays, March 2–23	\$28
<u>Ages 5 & 6</u> (4 classes)			
6552	5:30 - 6:30 PM	Thursdays, March 4–25	\$28

One-Day Valentine Art Workshop

Grades 1—6

Join us for this fun and crafty workshop. Children will create glitzy Valentines, love bugs and more with ribbons, yarn, foam, felt, etc., that will sparkle and say “I love you” for that special someone. All supplies are provided, and children should wear a smock or old clothes.

Instructor: Fran Judycki

Location: Mortensen Community Center Arts & Crafts Room

ID:	Time	Days	Fee
6553	10:00 -11:15 AM	Saturday, February 13	\$12



Children's Drawing I and II

Grades 1—6

A course designed to instruct the young artist while having fun! Concepts of value, shape, contour line, shadows, and texture will be applied while drawing animals, buildings, people, cars, sea life and more! All supplies are provided.

Instructor: Fran Judycki

Location: Mortensen Community Center Arts & Crafts Room

ID:	Time	Days	Fee
<u>Drawing I</u> (4 classes)			
6554	6:45 - 7:45 PM	Thursdays, Jan. 21—Feb. 11	\$28
<u>Drawing II</u> (4 classes)			
6555	6:45 - 7:45 PM	Thursdays, March 4–25	\$28

Children's Cartooning I and II

Grades 1-6

This course is designed to teach the basics to our young cartoonists. Learn the development of heads and bodies and creating your own creatures and characters. Apply these creative skills and developed characters to a comic strip. The second four-week course is also open to students who have taken a cartooning class before. We will be creating comic books, flip books and thaumatropes. All supplies are provided.

Instructor: Fran Judycki

Location: Mortensen Community Center Arts & Crafts Room

ID:	Time	Days	Fee
<u>Cartooning I</u> (4 classes)			
6556	5:30 - 6:30 PM	Tuesdays, Jan. 19—Feb. 9	\$28
<u>Cartooning II</u> (4 classes)			
6557	5:30 - 6:30 PM	Tuesdays, March 2–23	\$28

Help Us Keep Our Programs Healthy

If your child is sick, please be courteous to other children in their program, as well as the program's instructor, by keeping your child home until he/she is feeling better.

For the safety of all of our program participants this Winter, our instructors will have the right to send any visibly ill children home from any program at their discretion.



Children's Painting

Grades 1-6

A “fun with paint” course utilizing different painting tools—sponges, Q-Tips, fan brush, cardboard, etc. Young artists will design and explore a variety of subjects including animals, buildings, winter landscapes and more. All supplies are provided, and children should wear a smock or old clothes.

Instructor: Fran Judycki

Location: Mortensen Community Center Arts & Crafts Room

ID:	Time	Days	Fee
6558	6:45 - 7:45 PM	Tuesdays, Jan. 19—Feb. 9 (4 classes)	\$28

Teen Programs, Sports & Fitness...



Teen Center *Grades 7 - 12* Friday Evenings, 7:00 - 10:00 PM September 25th, 2009 - May 21st, 2010

The Newington Teen Center has been in operation since the early 1970's and provides a safe, drug and alcohol free environment where there is a multitude of recreational activities available. Our fully staffed activities help to facilitate positive social interaction and include basketball, pool tables, ping pong, Nintendo Wii, PS2, air hockey, foosball, and more. The Teen Center is open to Newington residents and those attending Newington schools. To become a member, teens must fill out a registration form available at the Teen Center. This year, there is no membership fee! Teens will only pay the nightly fee of \$5.00. The Teen Center will be closed on 12/25/09, 1/1/10 and 4/2/10. Other closings may occur and signs will be posted. Please contact Newington Parks & Recreation for details about any of our Teen Center programs at 860-665-8666.



Basketball Skills Academy



For Boys in Grades 5-8

Newington Parks and Recreation presents its 1st Basketball Skills Academy for boys in grades 5 through 8. The Skills Academy will provide players the opportunity to develop and apply valuable skills offensively and defensively. Key fundamental concepts will be taught in the areas of shooting, rebounding, dribbling and passing. Offensive and defensive applications will also be taught for player development. Team play and individual contests will be included as part of the program.

Instructors: AAU Head Coach Marc Tancredi & Asst. Coach James Simmons
Location: Mortensen Community Center Gymnasium

ID:	Time	Days	Fee
6547	9:00 AM-12:00 PM	Monday-Thursday, December 28 - 31	\$65

7th & 8th Grade Dances

Dances are open to Newington students only. Includes DJ, music, supervision and dancing. Students must show their school ID at the door or a parent/guardian must be present to sign the student in - there are absolutely no exceptions. No backpacks and no re-entry once admitted. Those dressed in offensive or provocative clothing will not be admitted. Tickets will be sold at the door. The fee is \$5.00 per student and a non-perishable food donation. Refreshments will be available for sale. Dances are held from 7:00 - 10:00 PM at the Mortensen Community Center Gymnasium. Save the date for these upcoming 2010 dances:

- ⇒ **Mardi Gras:** Friday, February 5th, 2010
- ⇒ **Spring Fling:** Friday, April 9th, 2010



Zumba Kids

Ages 7-15

Children and teens will love this exciting new way to exercise while learning how to dance! Zumba is a dance-fitness class that combines Latin and International music with dance movements to create a party-like atmosphere. This class is specially formatted to be 'kid-friendly', while utilizing many of the elements of the adult class. Children and teens will have fun dancing and exercising all at the same time! This class may use movements from Salsa, Merengue, Latin Hop, Cumbia, Flamenco and more! Parents are welcome to stay and watch. Participants should bring water and wear comfortable clothes.

Instructor: Carrie Tartaglia

Location: Anna Reynolds Elementary School Gymnasium

	ID:	Ages	Time	Dates	Fee
12	6613	7-11	6 - 6:45 PM	Mondays, Jan. 11- March 22	\$27
	6614	12-15	7 - 7:45 PM	no class 1/18, 2/15 (9 classes)	

FREE DEMO CLASS

Zumba Kids

Ages 7-15

Your child or teen can try out Zumba Kids for FREE!

Instructor: Carrie Tartaglia
Location: Anna Reynolds Elementary School Gymnasium

ID:	Ages	Time	Date
6615	7-11	6-6:45 PM	Monday,
6616	12-15	7-7:45 PM	January 4

This demo class is FREE, but pre-registration is required! Call 860-665-8666 to register.

Martial Arts, Adult Sports...

Kokondo Karate

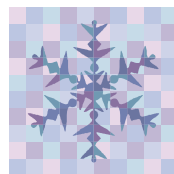
For Ages 15 and up

Learn to defend yourself by using self-defense techniques safely and with self-confidence. Kokondo is a traditional karate-jitsu martial art focusing on practical, proven self-defense. Participants will learn self defense for attacks from the rear and side, with weapons (knives, gun, club, etc.) surprise attacks, multiple attacks, close quarter fighting, grabs and much more. Provides many benefits including focus and control, upper and lower body development, strength training, stances and mobility. Geared to individual development with emphasis on safety and personalized attention. Participants can earn belt promotions.

Instructor: Master James R. Scanlon

Location: Senior & Disabled Center Auditorium

ID:	Time	Days	Fee
6560	7:00 - 8:30 PM	Tuesdays, Jan. 12 - March 23 (11 classes)	\$77
6561	7:00 - 8:30 PM	Thursdays, Jan. 14 - March 25 (11 classes)	\$77



Program Information
&
Cancellation Hotline:
860665-8686

Jukido JuJitsu

For Ages 15 and up

Jukido is a traditional jujitsu system emphasizing fun, practical and effective self-defense. In a friendly and enjoyable setting, the student learns to use leverage, balance, and continuous motion to maximize their power against a stronger opponent or opponents. The student safely learns to fall, roll-out and throw, and utilize the principles of unbalancing, evasions, chokes, wrist grabs and joint manipulations. Learn to defend yourself! All classes emphasize safety and personalized attention. Participants can earn belt promotions.

Instructor: Master James R. Scanlon

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
6562	7:00 - 8:30 PM	Tuesdays Jan. 12 - March 23 (11 classes)	\$77

Self-Defense

For Men, Women and Teens, Age 15+

Alone at night, nervous of danger but unsure what to do if attacked, this course is for you! Gain confidence, awareness and control over your safety. This basic self-defense course utilizes the strength of your body against your attacker's vulnerable areas, therefore destroying any advantage an attacker has from superior size or strength. We'll discuss "what-if" situations, (chokes, grabs, muggers hold and bear hugs) and how to control them. These moves are NOT dependent on strength or strong physical conditioning. You can learn and use them regardless of your physical limitations.

Instructor: Master James R. Scanlon

Location: Senior & Disabled Center Auditorium

ID:	Time	Days	Fee
6559	6:30 - 8:30 PM	Tuesday & Thursday Jan. 5 & 7	\$19

Co-Ed Volleyball

For Ages 18 & Up

Join us on Wednesday evenings to play recreational co-ed volleyball. This program is restricted to Newington residents only. Proof of residency is required at the time of registration.

Supervisor: Nicole Nardi

Location: Elizabeth Green Elementary School Gymnasium (New Location!)

ID:	Time	Days	Fee
6564	7:00 - 9:00 PM	Wednesdays Dec. 16 - Feb. 24 (no program on 12/30, 2/17)	\$25



Badminton

For Ages 18 & Up

Enjoy the fun of the number two "participant sport" in the world, second only to soccer in popularity. Upgrade your level of play by joining the friendly competition of other enthusiastic men and women players. Increase aerobic fitness and stamina by participating in this weekly event. Faster than a game of tennis, players can burn 600-1000 calories an hour. Players with even a moderate amount of skill can jump right in and enjoy not only the social aspects of team play but also the fantastic health benefits of great cardiovascular workout.

Supervisor: Bob Briggaman

Location: Mortensen Community Center Gymnasium

ID:	Time	Days	Fee
6563	7:30 - 9:45 PM	Wednesdays Feb. 10 - May 12 (no program 2/24)	\$25

Adult Programs...



Drawing Made Easy in Multi-Media

This course is designed to acquaint the student at any level with basic drawing concepts. We will cover basic shapes, shading, using negative space, creating a focal point, perspective and so much more. The experienced student will also be working on style. This course is a great opportunity to experience different media as well as an enjoyable and relaxing course! Some of the different drawing media will be supplied. Please call the Parks & Recreation Department for a supply list prior to the first class.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

ID:	Time	Dates	Fee
6565	6:15 - 7:30 PM	Wednesdays, Jan. 13 - March 3 (8 classes)	\$50

Line Dancing

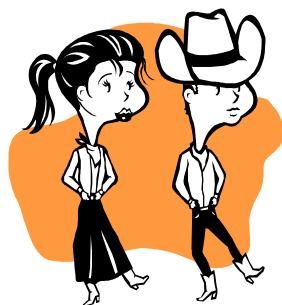
Line dancing isn't just country/western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances. No partner is needed, it's fun, great exercise and just a few classes will free the dancer in you.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Fee: \$56

ID:	Time	Days
6568	5:30—6:30 PM	Mondays, Jan. 11 - March 15 no class 1/18, 2/15 (8 classes)



Art Video Demonstration & Discussion:

"Painting the Coast of Maine"

Join us to watch this video of a demonstration and discussion on plein air painting, from the outdoor studio of the famous Maine artist Don Demers. Very informative. Pre-registration is required!

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

ID:	Time	Dates	Fee
6566	10:00 - 11:15 AM	Wednesday, January 20	\$5



Watercolor Demonstration

Come and watch an interesting step-by-step demonstration of the fundamentals of watercolor - flat wash, graded wash, etc... Various other techniques will be shown as they apply to painting a simple watercolor sketch. No supplies are needed. Pre-registration is required!

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

ID:	Time	Dates	Fee
6567	10:00 - 11:15 AM	Wednesday, March 3	\$5

Oil Painting

An instructive course aimed at improving the returning student's skills and knowledge and introducing the new student to the basic ingredients of painting. Students are instructed individually. Traditional concepts of painting will be applied to still-life, floral, landscape, seascape and wildlife. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.

Please note that the Tuesday class is 2.5 hours in length while the Thursday class is 2 hours.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

ID:	Time	Dates	Fee
6569	9:15 - 11:45 AM	Tuesdays, Jan. 12 - March 16 (10 classes)	\$88
6570	9:45 - 11:45 AM	Thursdays, Jan. 14 - March 18 (10 classes)	\$70

Bad weather?



Before you come to class, call
our
Program Information &
Cancellation Hotline:

860-665-8686

Adult Fitness...



50/50 Fitness

This class is a fantastic way to start off your week. The first half of the class is aerobic to work your cardiovascular system and the second half of the class is resistance training to tone your muscles. It's a complete workout! Bring an exercise mat and a pair of hand-held weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

ID:	Dates	Time	Fee
6571	Mondays, Jan. 4 - March 22 <i>No class 1/18, 2/15</i> (10 classes)	9:15 10:10 AM	\$40

Tone Aerobics

A great way to start your morning with this low-impact aerobics class. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Bring an exercise mat or towel.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

ID:	Dates	Time	Fee
6572	Tuesdays, Jan. 5 - March 23 (12 classes)	9:15 10:15AM	\$48
6573	Thursdays, Jan. 7 - March 25 (12 classes)	9:15 - 10:15 AM	\$48

Register for both classes for only \$91!

Hi/Lo Aerobics

Get Moving! This fun aerobics class includes kickboxing, funk, and salsa moves that will leave you feeling more energetic and healthy. Build strength and endurance.

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

Fee: Mondays: \$40

Wednesdays: \$48

ID:	Time	Dates
6574	6:00 - 7:00 PM	Mondays,
6575	7:00 - 8:00 PM	Jan. 4 - March 22 <i>No class 1/18, 2/15</i> (10 classes)
6576	6:00 - 7:00 PM	Wednesdays,
6577	7:00 - 8:00 PM	Jan. 6 - March 24 (12 classes)

Register for any 2 classes for only \$83.00

Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba has become a popular new way to exercise!

Please note that regular classes are 60 minutes long, while the express class is 30 minutes.

Location: Senior & Disabled Center Auditorium

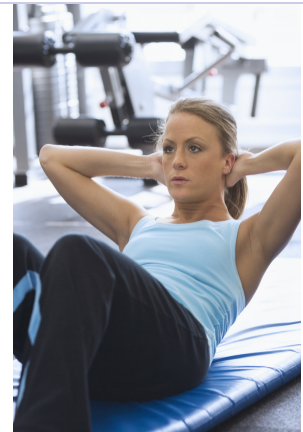
Instructor: Tuesdays - Keiko Broyles

Thursdays - Jenn Trent/Carrie Tartaglia



**Register
Early!
Zumba fills
quickly!**

ID:	Dates	Time	Fee:
6578	Tuesdays, Jan. 12 - March 23 (11 classes)	5:30-6:30 PM	\$55
6579	Thursdays, Jan. 7 - March 25 (12 classes)	4:45-5:15 PM (EXPRESS CLASS)	\$36
6580	Thursdays, Jan. 7 - March 25 (12 classes)	5:30-6:30 PM	\$60



Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Not for the faint of heart. Participants should be in good physical condition.

Instructor: Laura Campbell

*Location: Mortensen Community Center
Gymnasium*

Fee: \$60

ID:	Dates	Time
6581	Thursdays, Jan. 7 - March 25 (12 classes)	5:45-6:45 PM

Adult Fitness & Wellness...

Yoga Classes

Discover the many benefits of yoga for yourself: decreased stress, greater flexibility, better concentration and more. Yoga is designed to draw us out of stress and anxiety and into our natural state. Find out what Yoga is all about! Sticky yoga mats are required, and yoga blankets are highly recommended.

Location: Mortensen Community Center Romano Room
Instructors: Karen Sevenoff / Cynthia Wolcott

Yoga Class Descriptions

Beginner Yoga

This class is tailored to the needs of the beginning yoga student. A significant amount of time will be spent teaching various pranayama (breathing techniques) and asana (postures), building from the foundation up. Non-beginners who are comfortable with a slower pace are also welcome!

Mixed Levels Yoga

This class is the right place for those wanting to explore the edges of their yoga practice a bit deeper. Though not suitable for absolute beginners, it might be the place for you if you have some familiarity with yoga postures and want to move up a level. Modifications will be shown for various levels of practitioners from advanced beginners through intermediate.

Intermediate/Advanced Yoga

This class might be right for you if you've been practicing for a few years and are seeking to enrich your practice by delving into meditation, pranayama and familiar poses more deeply. You will also learn new and more challenging poses to help you discover new edges to balance on.



ID:	Class	Time	Dates	Fee:
6582	Mixed Levels Yoga <i>with Cynthia Wolcott</i>	7:00 - 8:15 PM	Tuesdays, Jan. 5 - March 23 <i>No class 2/23</i> <i>(11 classes)</i>	\$66
6583	Mixed Levels Yoga <i>with Karen Sevenoff</i>	5:30 - 6:45 PM	Wednesdays, Jan. 6 - March 24 <i>(12 classes)</i>	\$72
6584	Beginner Yoga <i>with Cynthia Wolcott</i>	5:45 - 6:55 PM	Thursdays, Jan. 7 - March 25 <i>(12 classes)</i>	\$72
6585	Intermediate/Advanced Yoga <i>with Cynthia Wolcott</i>	7:00 - 8:15 PM	Thursdays, Jan. 7 - March 25 <i>(12 classes)</i>	\$72

The Art of T'ai Chi

T'ai chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical, and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gently fluid movements.

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

Fee: \$63

ID:	Class	Time	Dates
6586	Beginners	5:30 - 6:30 PM	Mondays Jan. 4 - March 22 <i>no class 1/18, 2/15 (10 classes)</i>
6587	Intermediates	6:30 - 7:30 PM	Mondays Jan. 4 - March 22 <i>no class 1/18, 2/15 (10 classes)</i>



Stay in Shape this Winter by taking one of our Fitness Classes!

Pilates Classes...

Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide multiple variations to meet the needs of different body types. It strengthens the body while keeping all joints mobile and flexible. You'll feel your muscles working and probably break a sweat.

BEGINNERS: Focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and glutes) and improve balance and coordination between the body's limbs.

INTERMEDIATE: Continues to strengthen the core muscles by using more challenging poses that work the core muscles in more challenging positions. This class moves through the exercises at a faster pace.

Instructor: Maggie Downie

Location: Senior & Disabled Center Room A & B

ID:	Class	Time	Dates	Fee
6593	Beginners	5:30-6:30 PM	Wednesdays	\$85
6594	Intermediate	6:30-7:30 PM	Jan. 6 - March 10 (10 classes)	\$85

Register for
any two
classes for
only \$160



Ball Pilates

This class offers a fun twist to typical Pilates exercises. Using a ball will still strengthen your core muscles (stomach, back and glutes) and it will also enable you to test your balance, increase your range of motion and improve flexibility. The ball can be used at any fitness level and can be incorporated into your daily routine to strengthen and lengthen your muscles even when you're not in class. Bring a mat, comfortable clothes, water and an exercise ball for your height.

BEGINNERS: We will use the ball to help learn the basic principles of Pilates and the beginner versions of the exercises.

INTERMEDIATES: We will use the ball to help intensify the Pilates exercises. The ball can also be used to simulate some exercises done with Pilates machines.

Instructor: Maggie Downie

Location: Senior & Disabled Center Room A & B

ID:	Class	Time	Dates	Fee
6595	Beginners	5:30-6:30 PM	Mondays, Jan. 4 - March 22	\$85
6596	Intermediate	6:30-7:30 PM	(No Class 1/18, 2/15) (10 classes)	\$85

Register for
any two
classes for
only \$160



Reasons to Register Early!

Many classes are very popular, and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting, and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled, and if they had registered earlier, the program would have run.

All of our programs require a high level of coordination often including facility scheduling, staffing and purchasing of supplies. So, if you know you want to take a class...

PLEASE register early!

Program
Information &
Cancellation
Hotline:
860-665-8686

Programs for Older Adults...

Indoor Walking Available...

Mortensen Community Center

The Mortensen Community Center Gymnasium will be open for walkers on weekday mornings throughout the fall and winter. This is a great way to stay in shape and keep moving throughout the cold fall and winter months. 18 laps equal a mile! Pre-registration is required and all walkers should carry an ID with them at all times. You can register at the Parks & Recreation office any time Monday through Friday from 8:30 a.m. - 4:30 p.m. **ID: 5704**

Walking is a healthy way to exercise and may help you maintain a healthy weight and reduce your risk of some diseases. Bring a friend!



**Monday through Friday
8:30 - 11:30 AM**

FREE

There will be no indoor walking available when Town Hall is closed. Walking may be cancelled due to special events, program changes, and/or reasons beyond the control of the Parks and Recreation Department. We will make every attempt possible to keep at least half the gym available for walkers, however, there may be times when the whole gym is not available. We apologize in advance for any inconvenience this may cause.

Fun-n-Fitness

An invigorating class that gets you off to the right foot. Improve stamina, strength, muscle tone, and cardiovascular fitness.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

ID:	Time	Days	Fee
6598	10:20 - 11:20 AM	Tuesdays Jan. 5 - March 23 (12 classes)	\$42
6599	10:20 - 11:20 AM	Thursdays, Jan. 7 - March 25 (12 classes)	\$42

Register for both classes for only \$79!



Get Creative!

Our art classes are a great way to learn a new hobby and create beautiful original pieces for your home or to give away as gifts.

Check out page 14 for a variety of new art classes and programs for adults of all ages.

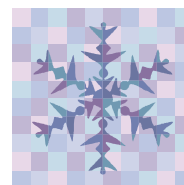
Mat Pilates for Older Adults

Pilates teaches the muscles to support the bones and joints. As we grow older, our muscle imbalances appear due to injury, repetitive use, etc. While we cannot change our structure, we can change the way the muscles are balanced and support the bones and joints, as well as lengthen the muscles with increased strength and flexibility. Exercises are designed to meet the needs of older adults with less mobility and flexibility. Exercises will be performed on the floor (lying down), sitting in a chair and standing. Bring your own mat.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Rooms A & B

ID:	Time	Days	Fee
6597	10:15 - 11:10 AM	Mondays, Jan. 4 - March 22 No class 1/18, 2/15 (10 classes)	\$40



Program Information
&
Cancellation Hotline:
860-665-8686

Yoga for Older Adults

This is a gentle yoga class concentrating on the basics of awareness, alignment, breathing, balance, flexibility, strengthening and stretching. A few minutes at the beginning and end of each class will be devoted to meditation. Each participant should bring a sticky mat or towel to lie on and be aware that the postures are done barefooted. This is a great class for beginners through moderate.

Instructor: Linda Leslie

Location: Senior & Disabled Center Rooms A & B

ID:	Time	Dates	Fee
6600	11:15 AM - 12:15 PM	Mondays, Jan. 11 - Feb. 8 (4 classes) No Class 1/18	\$21
6601	11:15 AM - 12:15 PM	Mondays, March 1 - 22 (4 classes)	\$21

Fitness Clinics for Older Adults

Learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Room. Must present a doctor's note when registering and be a Newington Senior & Disabled Center member.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

ID:	Time	Dates	Fee
6602	11:30 - 1:30 PM	Tuesday, Jan. 12	\$15
6603	11:30 - 1:30 PM	Tuesday, Feb. 9	\$15
6604	11:30 - 1:30 PM	Tuesday, March 9	\$15
6605	11:30 - 1:30 PM	Tuesday, April 13	\$15

Attention Seniors!

Did you know that the Newington Senior & Disabled Center has a Fitness Room?

Senior Center Members can use the Fitness Room at no additional cost, as long as you attend a Fitness Clinic!

Sign up today for one of our upcoming clinics!

T'ai Chi For Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density, and develops muscle tone. It's gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

ID:	Class	Time	Dates	Fee
6606	BEGINNER	9:00 - 9:45 AM	Mondays, Jan. 4 - March 22	\$45
6607	INTERMEDIATE	10:00 - 10:45 AM	No Class 1/18, 2/15 (10 classes)	\$45



Dance Classes for Older Adults

Dancing is a great way to stay active, healthy, and have fun. Ballroom dancing is a great class for those who are new to Ballroom Dancing or would like to improve dance skill. You will be exposed to the Foxtrot, Waltz, Rumba, Cha Cha and Swing. Have fun while benefiting from an excellent form of exercise! Or try our new Line Dancing classes, another fun way to exercise! Come with or without a partner.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

ID:	Time	Dates	Fee
Session 1 (5 classes):			
6608	BALLROOM	10:00 -11:00 AM	Fridays, Jan. 8 - Feb. 5 \$39
6609	LINE DANCING	11:00 AM -12:00 PM	Fridays, Jan. 8 - Feb. 5 \$39
Session 2 (5 classes):			
6610	BALLROOM	10:00 -11:00 AM	Fridays, Feb. 26 - March 26 \$39
6611	LINE DANCING	11:00 AM -12:00 PM	Fridays, Feb. 26 - March 26 \$39

Oil Painting

An instructive course aimed at improving the returning student's skills and knowledge and introducing the new student to the basic ingredients of painting. Students are instructed individually. Traditional concepts of painting will be applied to still-life, floral, landscape, seascape and wildlife. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.



Please note that the Tuesday class is 2.5 hours in length while the Thursday class is 2 hours.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

ID:	Time	Dates	Fee
6569	9:15 - 11:45 AM	Tuesdays, Jan. 12 - March 16 (10 classes)	\$88
6570	9:45 - 11:45 AM	Thursdays, Jan. 14 - March 18 (10 classes)	\$70

Parks & Recreation Registration Info

OUR POLICY IS: "No News is Good News."

When registering by mail or fax, you will **NOT** be contacted unless a class is filled or there is a change. Please include a daytime phone number.

Convenient Ways To Register...



Fax-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information.
Fax to (860) 665-8739.



Mail-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information or make checks payable to "**Newington Parks & Recreation.**" **Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.**



Walk-in: Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111. Walk-in office hours are: **Monday – Friday, 8:30 AM – 4:30 PM. *Drop slot available after hours.**



Phone-in: Please have your VISA, MasterCard or Discover card ready when you call us at: **(860) 665-8666.** *A signature will be required on the registration form.

IMPORTANT INFORMATION

If you are registering a **child under the age of 6**, include a copy of the child's birth certificate with the registration form. *This is a one-time request.

If the participant has any **medical concerns (allergies, asthma, etc.)** that we should be aware of, please list it on the registration form.

If the participant has any **special needs** that we should be aware of, please complete and submit a special needs form to our office.

Programs may be cancelled due to inclement weather. If the weather is inclement, please call our **Program Hotline: 860-665-8686** (after 4:30 PM) for the latest information.

POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. The Parks & Recreation Department will try to accommodate all registrants. Please specify an alternate choice on your registration form should the original class you choose be filled. *The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

Non-Residents

Non-residents are eligible to register for programs if there are openings beginning Wednesday, December 23. Non-residents pay an additional 25% fee and should call for program availability prior to registering. Some programs (including swim lessons, pool passes and others) are not available for non-resident registration. Please contact our office to find out if the program you are interested in is available for non-resident registration.

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. Contact our office for a Refund Request Form. If a refund is granted, the amount will be pro-rated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued.

Contact Us:

Phone:

Voice: 860-665-8666
Fax: 860-665-8739
Hotline: 860-665-8686

At the Office:

Monday - Friday, 8:30 a.m. - 4:30 p.m.
131 Cedar Street
Newington Town Hall Mortensen
Community Center

On the Web:

www.NewingtonCT.gov